

Ta(l)king Action: Wellbeing (18th May 2021)

Your pledge/s: Please start your pledge/s with your first name or initials.

Seeing the bigger picture and not getting bogged down in the smaller negative details - Srish

Spend more time in garden, but not get overwhelmed with the to-do list - Clare McMahon

Create regular self-care rituals - Jamie Sims

Continue to go for a brisk 30 minute walk daily, to connect with nature or listen to shows I enjoy - Kate

Spend more meaningful time with friends and family - Philip Birch

**Weeding as Meditation
Annie**

look out for peonies now coming into flower- Debby.

Get back to taking early morning walk along the river before work - Kathy.

Get to sleep before midnight - go to bed before 11 & have time reading etc. to wind down.

Get back into cycling more - even when it's raining! - Alison

I am going to create my "wind down" playlist for the evenings (or daytime) to bring about the switch to downtime (thanks Judith)! Pete W

Carving time out in the day to do lots of things that I enjoy - be that walking, watching TV, reading, listening to music - allow myself to do the things I love guilt free - Lucy.

Explore options for connecting people with similar feelings so that we can support each other, A.

